



ADULT BASKETBALL RULES AND REGULATIONS

All games will be played in accordance with the current NCAA rules, with the addition of the following:

Eligibility

- a. Players in Men's and Women's Recreational and Competitive Leagues must be eighteen (18) years of age or older prior to the start of league play.
- b. All players must carry a current picture ID with them at all times during all league games.
- c. Players will not be allowed to play on more than one team in the same league during a season. If a player's name is found on two teams, the player shall belong to the team they play for first.

Rosters

- a. Each team will be allowed a maximum of 12 players.
- b. **Final rosters must be turned in prior to the second game of the season. Rosters must be turned in to the Athletic Office or to the scorekeeper prior to the second game. Note: If rosters are not turned in prior to the start of the second game, the result will be a forfeit of the current game and any future games until a roster is submitted.**
- c. There will be no roster changes allowed for any reason after the final roster has been submitted.

Equipment/Uniforms

- a. Players on each team must wear jerseys that are identical in the base color of the jersey and must have a six (6) inch number on the back and a four (4) inch number on the front. Jersey numbers must be either one or two digits with each digit being 5 or less. Digits larger than 5 will not be allowed. Numbers must be permanently affixed to the jersey, not taped or pinned to the jersey. Numbers that are hand written in pencil, marker or any type of ink pen will not be allowed. There will be a one game grace period for all teams to obtain their jerseys. After this grace period players not attired as described above will not be allowed to participate.
- b. We strongly encourage all teams to have alternate jerseys available in the event that two teams playing each other have the same jersey color.
- c. The City of Arlington Parks and Recreation Department reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.
- d. Team captain's will decide at game time which ball will be used for the game.
- e. Players must wear shoes that are designed for indoor wood court surfaces. No turf shoes or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
- f. Referees may ban any equipment that they deem as unsafe or illegal.
- g. No jewelry may be worn at any time during the game.

General Playing Rules

- a. Line-ups must be turned in to the Scorekeeper at least 10 minutes prior to game time. Line-ups must indicate last name, first name initial and the jersey number.
- b. A total of five (5) Time-Outs will be allowed per game.
- c. **Game Time is Forfeit Time.** All players must be on the court and ready to play at game time or the game will be declared a forfeit. Players in the

bleachers, parking lot or outside are not eligible. Teams **MAY NOT** use a time out to delay the start of a game.

- d. If a team forfeits three (3) league games due to lack of players at the start of a regularly scheduled game, the team will be dropped from the league with no refund of entry fee and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make-up games scheduled on days other than the original night will not apply.
- e. Teams must start a game with five (5) players (no exceptions) but may finish with fewer players (down to 1).
- f. **No Dunking during warm-ups!** Dunking will be allowed during games.
- g. **No hanging on the rim at any time!** Players guilty of hanging on the rim before, during or at half time will be assessed a Flagrant Technical Foul. Players/teams will be financially responsible for any and all damages to rims/goals damaged by players hanging on the rim.
- h. **Penalties Resulting In Ejection**
 - 1. Anyone who is assessed the following shall be ejected:
 - a. Two direct technical fouls.
 - b. One intentional technical foul with one direct technical foul.
 - c. Three indirect technical fouls.
 - d. Two indirect technical fouls with one direct technical foul.
 - e. Two indirect technical fouls with one intentional technical foul.
 - f. Any flagrant foul.
- i. **Blood Rule** – a player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is left to the official's judgment. Uniform rule violations will not be enforced if a uniform change is required. However, players should be prepared with a like colored t-shirt or jersey on stand by. The official shall:
 - Stop the game and allow treatment if injured person would affect the continuation of play.
 - Immediately call a coach or other authorized person to the injured player.
 - Apply the rules of the game regarding substitutions, re-entry, and short-handed player if necessary.

Time Allotment

- a. An official game shall consist of two 20 minute halves with a running clock. The running clock will stop for all timeouts. Whistles will stop the clock only in the final 2 minutes of the 2nd half.
- b. A five (5) minute half time will be observed.
- c. All substitutions must check in at the scorer's table and wait for an official to allow them to enter the game.
- d. Overtime – Any game ending in a tie will be continued with a three (3) minute overtime. One additional time-out will be awarded per team, per overtime. The running clock stops only for timeouts and during the last minute of the overtime.
- e. **20 Point Rule** – If a team is ahead by twenty or more points going into the last two minutes of the game, the clock will remain running until the team behind gets back inside the twenty (20) point mark.

Tie-Breaker Procedure

- a. In case of a tie for trophy positions at the conclusion of the season, the following tie-breaker procedures will be used to determine places:
 - Head to Head results between teams tied.

- If team split in Head to Head games, a point differential of those games will be used.
- If teams are still tied, a point differential in all league games for the teams tied will be used.
- If teams are still tied, least points given up in all league games will be used.
- As a last resort, a one game playoff will be held to determine the final standings.

Conduct/Discipline Policy

- a. **Any Player, coach or manager ejected from any league game will be suspended for a minimum two (2) league games. Suspensions may be longer if the League Administrator deems it necessary.**
- b. Players, coaches or managers who have been ejected/suspended must leave the facility and grounds immediately or the team will forfeit the game, and must not return until the completion of the suspension.
- c. Suspensions will carry over from season to season. Example: A player suspended for the final game of the season will also be suspended for the first game of the next season.
- d. Physical violence, especially attacks on a game or tournament official immediately before, during or after a game or fights/confrontations between players/teams will result in an immediate one (1) year suspension and/or banishment from any City of Arlington league play.
- e. The officials have the authority to remove a player, coach, manager or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. This shall include, but is not limited to, profanity, threats of any kind toward the officials or scorekeeper, fighting (before, during or after the game), any intoxicated condition detected by the officials before or during the game or any flagrant foul as determined by the officials.
- f. The City of Arlington prohibits the use of alcohol in its facilities or in the parking lot (ordinance 78-74). Smoking is prohibited in any City of Arlington Facility.

Protests

- a. **Protests based on interpretation of the rules and player eligibility will be accepted.** Protests based on judgment calls will not be accepted.
- b. All protests must be executed in the following manner.
 - The notification of intent to protest must be submitted to the scorekeeper before the end of the game. The scorekeeper must make a note on the score sheet as to what is being protested and notify the officials that game is being played under protest.
 - A non-refundable protest fee of \$50.00 must be submitted to the Scorekeeper at the time of protest. Failure to turn in the protest fee within 2 minutes of verbally protesting the game will nullify the protest and the game will continue as normal.
 - If protesting player eligibility you must submit the first and last name and the number of the player in question. If the player is found ineligible the offending team will forfeit the game in question. **Note: Both line-ups will be checked for eligibility.**

The City of Arlington Parks and Recreation Department reserves the right to add, delete or amend the rules and regulations at any time for the betterment of the program.

Revised: January 7, 2005